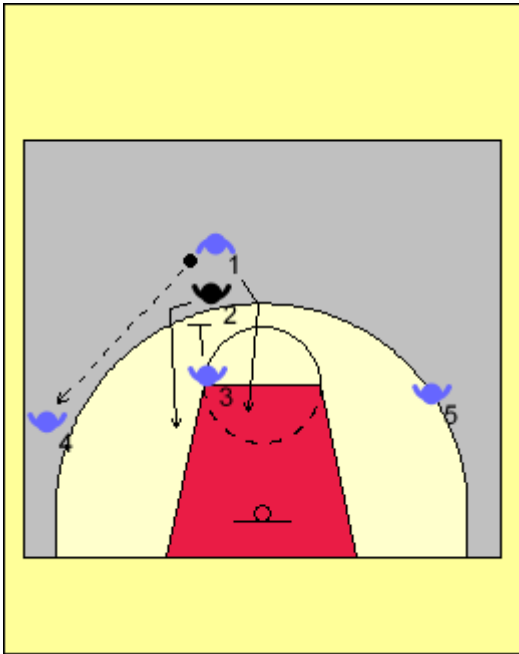


The Gauntlet or “the Seven Deadly Screens”

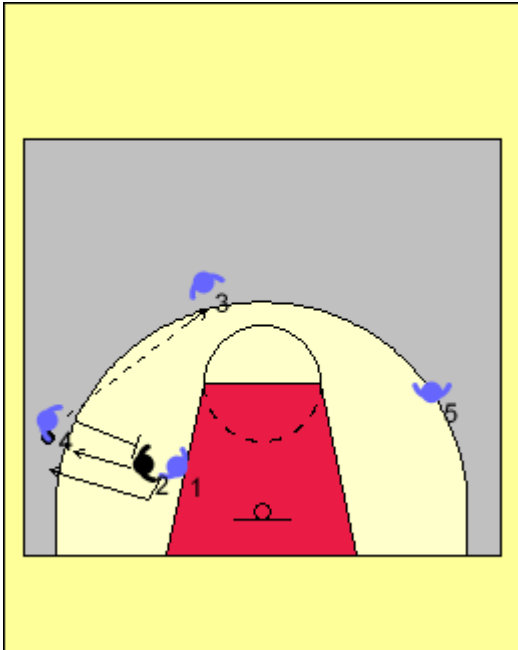


1) The Gauntlet

This drill is to work on defending all possible types of screens. In the first progression it is only for the player being screened. There are many different ways to defend screens. That is for the coach / player to decide. The purpose here is to show a drill that will place the player in a situation that he/she must react to as many types of screens as possible. It is suggested that players be exposed to more than one way to defend screens. Like in medicine, there is not one pill that will cure all illnesses. There is not one way to defend all screens. If you have only one method you just haven't played enough variety of teams.

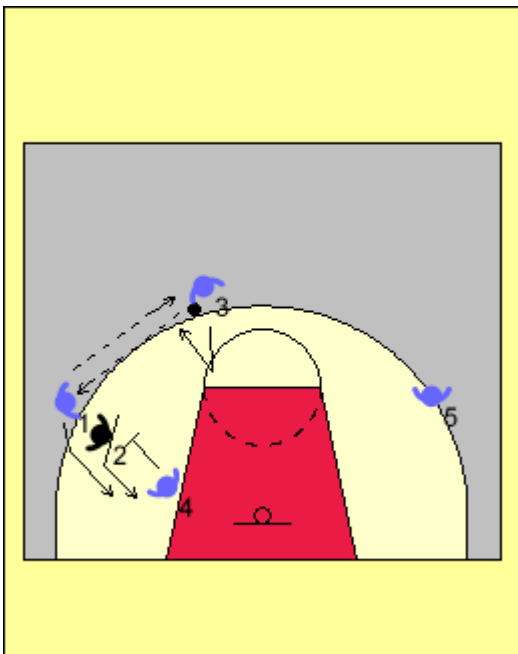
Screen #1 - **Up Screen.**

#3 screens for #4 when the pass is made.



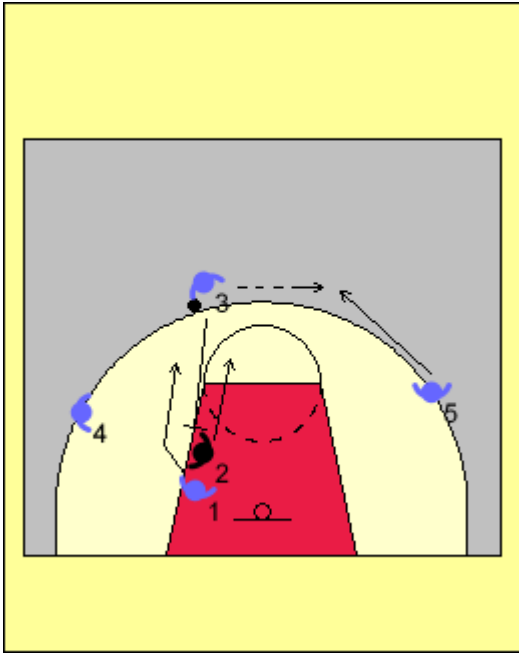
2) Screen #2 - Pin Down

#4 passes the ball back to #3 at the top and screens in for #1.



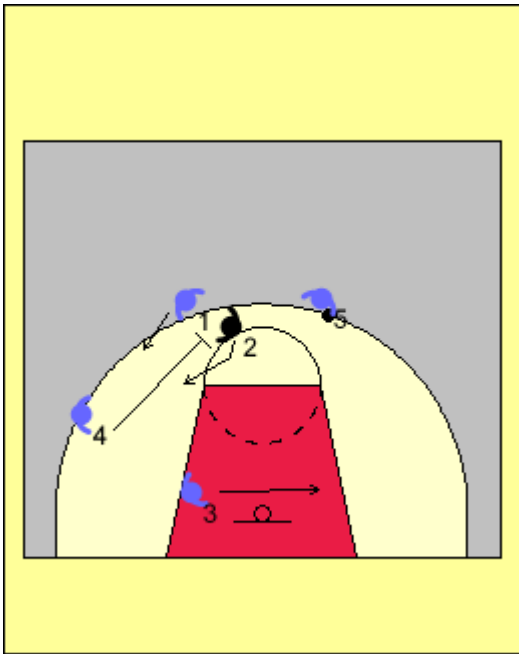
3) Screen #3 - Back Screen

#1 receives the pass from #3, looks in the post and passes the ball back to the top (note: you could have #3 screen away, cut or replace his/her self). When the ball is passed back to the top #4 sets the back screen for #1.



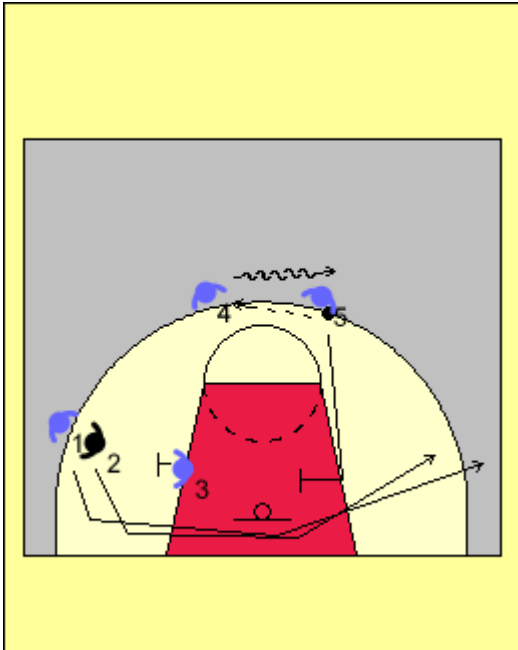
4) Screen #4 - Down Screen

The ball is reversed and #3 sets the down screen for #1.



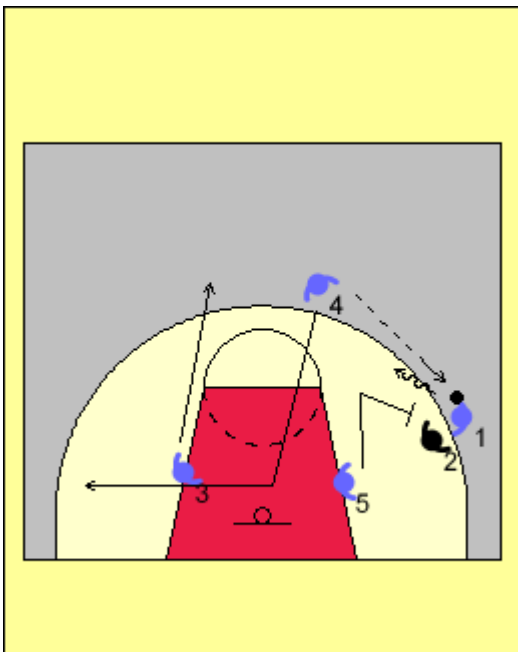
5) Screen #5 - Flare Screen

#3 ducks to the rim and #4 sets the flare screen for #1.



6) Screen #6 - Double baseline stagger

The ball is passed to #4. #3 and #5 set cross screens for #1. #4 dribbles the ball over to make the pass.



7) Screen #7 - Side Ball Screen

The final screen is a side ball screen when #5 comes out to set the pick.

The next progression could be to start to defend the other players.